

FOR IMMEDIATE RELEASE:

June 19, 2020

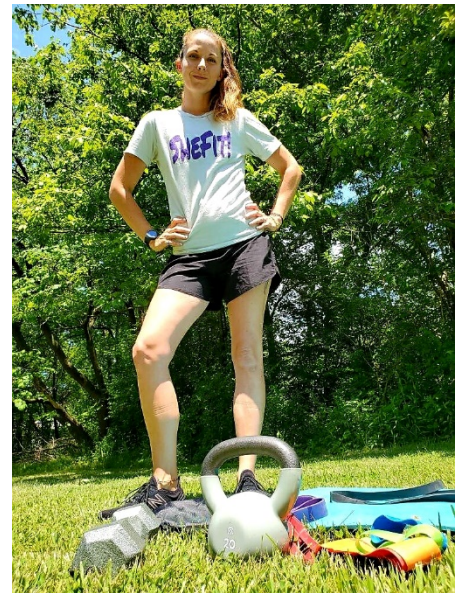
Contact: Nancy Lee Gomer, Marketing Coordinator, 636-949-7535, or 636-795-1137, ngomer@sccmo.org

SHAPE UP THIS SUMMER AT QUAIL RIDGE PARK BOOTCAMP

ST. CHARLES COUNTY, MO – Get fit this summer with St. Charles County Parks and SheFit! Certified Personal Trainer Sara York at the new Quail Ridge Park Bootcamp. These energizing workouts focus on building muscle endurance and burning calories and are held from 7 – 8 a.m., Wednesdays; and 8 – 9 a.m., Sundays, through Aug. 30, at Quail Ridge Park, 560 Interstate Drive in Wentzville.

Whether you're new to the bootcamp regimen, or have been doing it for years, participants of all fitness levels will be inspired to reach their health goals at the bootcamp. Using bodyweight movements, dumbbells, kettlebells and other basic workout equipment, participants work out to music in a relaxing outdoor environment. Bring a mat, towel and bottle of water; other equipment is provided.

Quail Ridge Park Boot Camp is designed for men and women 18 years and up and costs \$20 per session; classes unavailable Sunday, June 28 and July 12. To reserve your spot, visit <https://bit.ly/ParkBootCamp> or call the Parks Department at 636-949-7535.



About Certified Trainer Sara York: SheFit! founder, wife and mother of three, Sara York works to empower you to reach your goals in health and fitness. After struggling to lose the baby weight from her second child, and before finally finding what really works for her, this journey led her to becoming a certified personal trainer. Now she finds joy in helping others overcome daily struggles through fitness and friendship. For years she has helped everyone from new moms trying to find their strength again, to men and women fighting to stay mobile and independent.

-end-

About St. Charles County Parks & Recreation

The St. Charles County Parks & Recreation Department was created in 1997 after voters approved a local use tax with the sole purpose of park land acquisition, development, operations and maintenance. The department's mission is to preserve natural and historic features in areas throughout the county for the use of future generations. Today, the department operates 16 parks that total 3,645 acres of acquired park land. From historic homesteads to a youth skate park; from camping, hiking, biking, and fishing to weddings and educational classrooms, there's something for everyone in St. Charles County Parks.

For more information and specifics about each park, amenities, trails, and more, visit stccparks.org.